

# THE PERINODULAR INJECTION

Self-injection, even when one has already decided to use 714X is an unfamiliar process. The word injection itself raises some apprehension. At the beginning of the treatment, it is completely understandable to be hesitant and to worry about self-injecting in the right area.

The location of the injection site is the first and most critical step. 714X users' feedback allow us to say that the injection technique, when properly mastered the first 5 days, can be considered an enjoyable daily activity which can be incorporated in your daily schedule as a relaxing time. This activity then becomes a simple daily gesture which can be paired with listening to pleasant music in a relaxing and comfortable setting.

## FIVE STEPS OF THE PERINODULAR INJECTION:

1. **PREPARATION OF REQUIRED MATERIALS**
2. **FILLING OF THE SYRINGE**
3. **PREPARATION OF THE IDEAL CONDITIONS FOR TREATMENT AND COOLING OF THE INJECTION SITE**
4. **INJECTION PROPER: SELF-INJECTION**
5. **COLLECTING USED MATERIALS**

### 1. PREPARATION OF REQUIRED MATERIALS

Ideally, the materials required for daily injections can be gathered on a tray (cabaret style tray), thus keeping all material in one area and facilitating the injection session. During the period of daily injections, the tray must be **stowed safely**, in order to prevent access to children.

**Note:** Apart from the preparation period of the syringe for the injection, 714X must be kept **refrigerated** at 39.2 F (4 ° C) in order to avoid vaporization of a very volatile substance contained in the product.

We would like to remind you that before being opened, the vials of 714X can remain at room temperature, in a cool storage space (or refrigerated), until the expiration date printed on the box.

As soon as the seal is **opened, the vial of 714X should be refrigerated as soon as possible and used within 30 days.**

### NECESSARY MATERIAL

All the following material should be gathered together on a clean tray:

- **A vial** of 714X, 6,5 ml. (Reminder: 1 cycle = 2 vials)
- **One allergy syringe**, 1 cc, graduations of 1/100, 26G sized needle, 3/4", 0,45 mm x 10 mm
- **94% alcohol** (equivalent to ethyl alcohol, which can be bought in

liquor stores) to be used with an alcohol dispenser, if possible, to prevent waste. (Never use 70% isopropyl alcohol: it denatures the product, **you may use Vodka 40%** )

- **Cotton compresses** or clean cotton balls (Do not use pads pre-soaked in 70% isopropyl alcohol).
- **A small ice pack** (cold) or a plastic zip lock bag filled with ice cubes.
- A box of **facial tissue** or paper towels
- A **watch** or clock with a hand which marks seconds
- A **glass jar** (about a liter) filled with a mix of water and bleach for the disposal of contaminated material (needles, cotton swabs, etc.)
- A **hand brush**

## 2. FILLING OF THE SYRINGE

Beforehand commencing, wash hands and brush with antibacterial soap preferably.

### 2.1. Preparation of the syringe

Use a 1 ml allergy syringe with graduations of 1/100. Take out the syringe from its sterile packaging by pulling off the tab for that purpose. Also ensure that the protective cap of the needle slides easily so you can gently put it back in place when the operation is completed. Play around with the syringe piston to ease the movement, which will facilitate the injection. The syringe is now ready to be filled.

### 2.2. Preparation of the 714X vial

Take the 714X vial (unopened if using for the first time). During the first usage, clean the top of the metal cap with a cotton swab/ball soaked in 94% alcohol\*. Ensure that cap is dry. Lift the metallic disc at the center of the capsule and take it off completely. The uncovered circular area reveals the rigid rubber to be perforated by the needle of the syringe during the daily filling of the syringe. With a new cotton ball soaked in 94% alcohol \*, clean the cap of the vial by this time sterilizing the gray rubber stopper.

\* If this alcohol is not available in your area, you may use vodka, even 40%.

### 2.3. Inserting the needle into the 714X vial - Taking the product

Take the pre-prepared syringe for filling purposes. Remove the protective cap. Hold the syringe in the right hand (if right-handed) as if holding a pen, or in the left hand (if left-handed). Hold the vial of 714X in upside down position, with the cap below. With the needle of the syringe, pierce the grey rubber in the centre of the vial. With the left hand, hold the vial **as well as** the syringe in a reversed vertical position. Gently pull back the piston of the syringe until the required quantity of 714X is obtained for the daily injection.



## FILLING THE SYRINGE

### ADULT

#### Volume (cc)

	1 <sup>st</sup> cycle	Next cycles
<b>Day 1</b>	0,1	0,5
<b>Day 2</b>	0,2	0,5
<b>Day 3</b>	0,3	0,5
<b>Day 4</b>	0,4	0,5
<b>Day 5 to 21</b>	0,5	0,5
1 cycle (2 vials)	13,0	13,0
Volume used 1 cycle	9,5	10,5
Volume left	3,5	2,5

### INFANT (under 66 pounds)

#### Volume (cc)

	1 <sup>st</sup> cycle	Next cycles
<b>Day 1</b>	0,05	0,25
<b>Day 2</b>	0,1	0,25
<b>Day 3</b>	0,15	0,25
<b>Day 4</b>	0,2	0,25
<b>Day 5 to 21</b>	0,25	0,25
1 cycle (1 vial)	6,5	6,5
Volume used 1 cycle	4,75	5,25
Volume left	1,75	1,25

### REMINDER:

- **During the first five days of treatment of the first cycle**, the product is to be injected **progressively**, starting with 0,1 ml on day 1, 0,2 on day 2 and so on until Day 5.
- The following days of the first cycle (from Day 5 until Day 21 inclusively), the product is to be injected at a daily dose of 0,5 ml

- An obligatory 2 day pause must be taken after each 21 day cycle
- **For all other consecutive cycles** (second and subsequent), the product is always to be injected at 0,5 ml per day, from the first to the 21st day inclusively.
- Children who weigh less than 30 kg (66 pounds) are to be given half of the prescribed dose for adults.

### Removing of the filled syringe

While still in its vertical position, pull out the needle from the rubber cap of the 714X vial which we can then place back standing up on the tray. Pull the syringe piston downwards and lightly tap the syringe body to enable trapped air bubbles to move up to the surface.

**Gently push** the plunger up until a drop of 714X appears on the tip of the needle. Do not push too hard to avoid wasting the product.

Place the syringe on the tray taking care to replace the protective cap (without pushing it too hard) to preserve the sterility of the needle until the time of injection.

You may also put the syringe back in the fridge or on ice in the tray.

#### Note:

- Once the syringe is prepared, remember to **immediately place back the vial of 714X in the refrigerator.**
- The injection process must be **started within the next twenty minutes following the filling of the syringe.** If for any reason the injection process needs to be postponed, place the syringe in the refrigerator until the time of its use.

## 3. PREPARATION OF THE ENVIRONMENT & COOLING OF THE INJECTION SITE

The injection should be given in a calm and peaceful atmosphere. An intimate setting as well as a comfortable room temperature will also help. Each one should choose the space which they find the best for them.

The semi-sitting position is desirable, on a reclining chair or sitting on a bed with pillows to elevate your upper body.

Wearing suitable underwear which doesn't inhibit the body's circulation is strongly recommended. They should be easy to lower for the duration of the treatment.

The necessary preparations for the person who will receive the injection can be summarised in three steps:

### 3.1. Finding the injection site

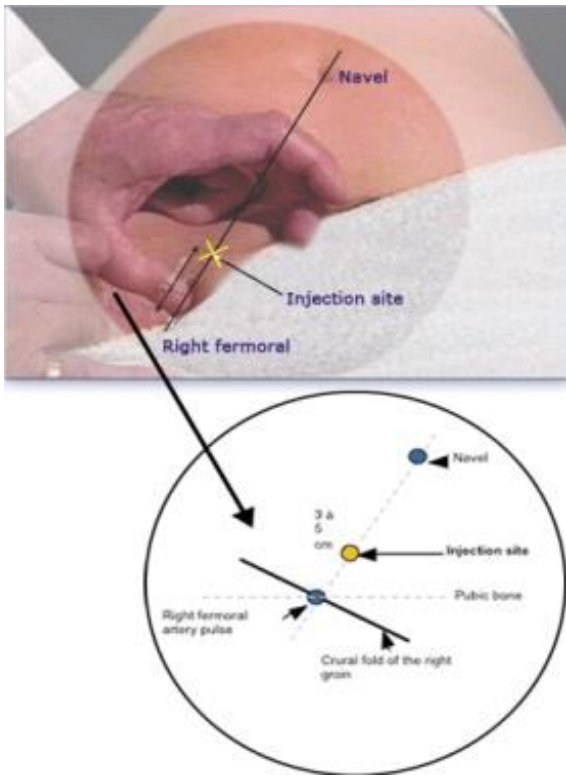
- 3.1.1.** With the right hand (for right-handed people) more precisely with the middle and ring finger, feel around the fold of the right groin area until you find the spot where a cardiac pulse is felt. This is the femoral artery pulse. For some, this pulse is found deep, for others, it is more superficial. Some have a pulse above or below on the fold line of the groin. Depending on the anatomy of each person, finding the pulse could take longer for the first few times. It should be easier to locate it the following times.
- 3.1.2.** Once the femoral artery pulse is found and to facilitate locating the precise injection site, trace an imaginary line between the femoral artery pulse and the navel.

For self-injection, the preferred injection site remains the same, the right groin area, also called the right inguinal area. After practicing with your right hand, use the ring and middle fingers of the left hand to locate the femoral artery pulse **on the fold of the right groin**.



**For adults**, the injection site is located on this imaginary line, 3 to 5 cms (1,5 to 2 inches) above the femoral artery pulse.

**For children** weighing less than 30 kg (66 pounds), the injection site is located on this imaginary line, 1 to 2.5 cm (0.5 to 1 inch) above the femoral artery pulse.



The optimal injection zone has a surface area comparable to a small disc measuring 2 cm. Day after day; the needle does not have to be inserted in exactly the same spot, but in the same area, leaving some room for maneuver.

**Two important points to remember concerning finding the injection site:**

Introducing the product on the right side of the body is proposed because the lymphatic route flows from right to left. By introducing the product on the right we ensure the best possible drainage of the large lymphatic circulation.

If during the first few attempts, you still have a doubt about the exact location of the injection site, there is nothing wrong with restarting the process (so long as you ensure that the injection zone is re-sterilised according to the protocol).

### 3.2. Cooling the injection site (a surface greater than the injection site)

#### This step is very important

Cooling the injection area is necessary in order to prevent the vaporisation of the product on the surface. Already at body temperature (98.6°F or 37 °C), 714X already has a tendency to evaporate. Cooling the area assures a painless injection and an optimal absorption of the product via the lymphatic tract.



#### Procedure

Place the ice pack (or the bag of ice) on the fold of the right groin called the *crural fold*, taking care to insert a paper towel (*Kleenex*) between the ice pack and the skin. Leave on for 10 to 15 minutes. The skin must be lightly pink before doing the injection. If the cold sensation stays difficult to bear, add more paper towels to make it thicker. You can adjust this depending on your skin's sensitivity.

### 3.3. Sterilization of the injection site

When the skin is sufficiently cooled, sterilise the injection zone with a cotton ball soaked with 94% alcohol. Ensure the alcohol dries well.



## 4. INJECTION PROPER: SELF-INJECTION

### ***Making sure the deep lymph nodes protrude***

By putting pressure on the femoral artery where the pulse is felt, the three deep lymph nodes are brought up to the surface. The product injected into the periphery of these deep lymph nodes will be absorbed by one of these nodes, hence the term: ***perinodular injection***.

**With** the left thumb, firmly stretch the skin of the lower abdomen towards the navel to ensure that the skin remains fully stretched. Throughout the injection, while the left middle finger remains on the femoral artery pulse.

The pressure of the left middle finger on the femoral artery pulse ensures that the nodes you are aiming for are slightly raised to absorb the injected product optimally.

#### **4.1 The injection of 714X – introduction of the product into the lymph**

Without hesitation, with the right hand, put the needle on the skin and with a small fast stroke, insert the needle into the injection zone. To control the volume of solution injected, it is best to push the piston by turning it on its sides rather than directly push it from the top.

**Push once every ten to fifteen seconds so that the liquid is introduced slowly into the lymphatic circulation.**

When the entire product has been injected (that is to say when the syringe piston is fully pressed to the maximum point), count 60 seconds before withdrawing the needle completely: this is a preventive measure to avoid the rising up of the last drops of the product through the needle. This rising to the surface of the product could cause a little uncomfortable feeling like a pinching sensation, caused by the vaporization of the product in the muscle fibers on the surface. Although it can be uncomfortable, this sensation is **not dangerous**.

**Note: It is not necessary to use rubber gloves for the self-injection.**

#### **4.2 Cooling of the injection zone - post injection**

Once the needle is removed, use a new cotton ball soaked in 94% alcohol to sterilize the injection site. Immediately replace the Ice Pack (or bag of ice) in the right groin area, and with the **cotton** ball soaked in alcohol, keep applying pressure at the point of insertion of the needle to ensure sterilisation of the injection site and the rapid closure of the opening. A tissue (or paper towel) can be placed over the injection site (over the cotton ball, between the skin and the Ice Pack) to prevent skin bruising from ice burning. The cooling period can last from five to fifteen minutes depending on each person's sensitivity. Once this time period has elapsed, the patient can get dressed and resume their usual activities. Extreme physical exertion is not recommended in the hours after the injection (intense training, active sports, etc.), nor is too much back and forth movement like running up and down the stairs.

Regardless of whether the person receiving the product is left-handed or right handed, the injection site is always in the **right groin area**. Purely anatomical reasons justify this choice. Even a left-handed person has to inject 714X in the right inguinal region. (A left-handed person should simply reverse the selection of hands to act with dexterity.)



## 5. COLLECTING USED MATERIALS

It is strongly recommended to put the contaminated material (needles, cotton balls, etc.) in a glass jar with a lid that closes tightly. The jar should be filled with a mix of water and bleach. (Ten parts water to one part bleach). This precautionary measure prevents unfortunate accidents that may occur when handling domestic waste. In the case where the user of 714X has a contagious disease, it is recommended to check with public health offices regarding existing procedures on how to safely dispose of contaminated biological materials (needles, syringes, cotton balls, gloves, etc.). This measure helps to minimise risks of contamination.

### 5.1 Particular cases

**In certain circumstances, the injection protocol previously described should be slightly adapted. We can think of two particular situations:**

#### 5.1.1 For those who are obese

It is preferable that the obese person wishing to use 714X (self-injection) is accompanied by another person who can help hold up the the patient's fat **for the duration of the injection**. This support will help to facilitate the location of the injection site and free the patient's both hands so that he can self-inject according to the protocol. In this case, an adjustable mirror positioned at the patient's right may ease the adequate visualization of the injection site.

#### 5.1.2 When lymph nodes have been removed

In cases where there has been surgical removal of the lymph nodes on the right, 714X can be injected on the left side. There are no other solutions. In this case, all preparations for the injection are the same, that is to say, localising the pulse and the injection site, keeping the pressure on the femoral artery, site sterilization, cooling, and the same injection technique. However, the needle will be directed towards the right and will aim for the deep lymph nodes on the left.

In cases where the lymph nodes have been removed on both sides, it becomes impossible to use 714X by perinodular injection. In these exceptional circumstances, there is another mode of intromission which can be suitable; however more restrictive but still effective, an ultrasonic nebulizer must be used, which is the only remaining method of administration. 714X would therefore be inhaled and absorbed through the lymph nodes of the respiratory tract.